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 Promotion agency
 TOURISME

Walks

GOLFE DE SAINT-TROPEZ

TOURISME



4 routes to explore in the Bay of Saint-Tropez

TOUR 1

The blue of the sea

Course : 50 km

From the headlands to the fine sandy beaches, this tour will give pleasure to all sea lovers.

If setting off from the La Foux roundabout, take the RD559 towards La Croix Valmer, then after 4 km turn left on the RD89 towards Gassin. Outside the village, take the road towards Ramatuelle, then turn left to Moulins de Pailas, refurbished in 2002 (exceptional view; visits - informations at the Tourist Office). Continue along the road until you arrive in Ramatuelle. Leaving the village, take the road towards Les Plages; go up as far as the lighthouse of Camarat (not open to visitors) by taking the Route de Bonne Terrasse. Having discovered the lighthouse, rejoin the main road; there are alternative ways of gaining access to the beaches of Pampelonne. If you continue along the RD93, turn right before you get to St Tropez, to Tahiti La Garbine. In the village, follow the signs to Tour des Salins to get to the Baie des Canoubiers or the Plage des Salins. Return to St Tropez and pass through the Place des Lices and rejoin the RD88 towards the La Foux roundabout. Approx. 2 km before La Foux, take a 1 km detour off to the left to visit the beach and the harbour of Les Marines de Cogolin and Gassin.

PLACES OF INTEREST NOT TO BE MISSED
 Gassin (table d'orientation, or compass table) - Ramatuelle (Les Moulins de Pailas, church, perched village, beach of Pampelonne, lighthouse of Camarat) - Saint-Tropez (beaches, old town, port, museums).

TOUR 2

On the trail of "Le Maurin"

Course : 95 km

Experience the mysterious Maures Hills, from the skills of its craftsmen to the delicious cream of chestnuts prepared using a traditional recipe and follow the trail of the mythical character "Le Maurin".

Leaving the village of Cogolin, take the road towards Grimaud, then turn left on the RD48 towards Collobrières passing through the zone artisanale and the Château St Maur. Continue on your left along the D 14 towards Collobrières and visit the Chartreuse de la Verne - the Carthusian monastery, 6 km before you arrive in the village. Double back for 2 km to take a left on the RD39 to Notre Dame des Anges. Continue to Gonfaron and turn right towards La Garde Freinet following the RD75 where you will come across the tortoise sanctuary "Village des Tortues". Leaving La Garde Freinet, take the RD558 towards Grimaud which brings you back to Cogolin.

PLACES OF INTEREST NOT TO BE MISSED
 Cogolin (old village, pipe factories) - Collobrières (The Chartreuse monastery of La Verne) - La Garde-Freinet (Fort Freinet, museum, village) - Grimaud (castle, windmill, village, folk museum).

TOUR 3

Wonders of nature

Course : 52 km (or 71 km)

From the valley of La Mole, its dam and from the viewpoint indicator of the Col du Canadel, the Jardins des Méditerranées and the Bay of Cavalaire / La Croix-Valmer, everywhere... breathtaking landscapes.

From the La Foux (gas station) crossroads, take the direction of Toulon up to La Mole, turn right on the light after the village and take the track which will lead you to the dam. Return towards Cogolin up to the airport and set off to the right to the route du Canadel. At the Col du Canadel, come down again up to the road of the seaside and turn left up to the Domaine du Royal, then take the Cavalaire/La Croix-Valmer direction and finally towards the La Foux crossroads to join your starting point.

PLACES OF INTEREST NOT TO BE MISSED
 La Croix-Valmer (village, beaches, coastal conservatory, coastal paths) - Cavalaire (fine sandy beach, port, shops), magnificent viewing points along the cliffs towards the coastline - La Mole (storage dam of La Verne, village) - Royal-Canadel-sur-Mer (Domaine du Royal: the garden of the Mediterranean, the huge stairs, the Patec, the pergola with its panoramic view).

TOUR 4

In search of authenticity

Course: 40 km

From the blue of the Mediterranean to the red grapevines of the Maures Hills, this tour will allow you to discover the varied colours of our region.

10 km to the "Col du Gratteloup" and turn right on the RD44. This tourist road will lead you to Plan de la Tour. Once in the village, take the road to Port Grimaud, and visit the famous lakeside city. Then drive back to your starting point Sainte-Maxime via the beautiful coastal road.

PLACES OF INTEREST NOT TO BE MISSED
 Sainte-Maxime (port, town centre, beaches, musée du phonographe et de la musique mécanique, botanical garden) - Le Plan de la Tour (Chapel of St-Pierre, Saint-Martin's church, hamlets, fontains, bread oven at Le Revest hamlet, wine cellars) - Port-Grimaud, the "little Venice".

Footpaths, horse riding or mountain biking in the Bay of Saint-Tropez

La Garde-Freinet

Like an island in the forest, this typical village is the ideal place for a hike.

A haven for walkers and hikers, La Garde-Freinet boasts an exceptional choice of itineraries.

Important information hiking trails are marked for walkers only. Indications as to the time required and difficulty relate to walking, and not to routes for mountain bikes or on horseback which may be more difficult.

1 to 8 round trips marked with arrows and panels. Departure points indicated on a village plan.

- 1 La Croix et le Fort - walking
1.30 hrs - 3 km - 461 m - 100 m
Departure: Aire de la Planerie. This footpath leads to the emblematic site of Fort-Freinet which is said to have been a hide-out for the Saracens present in Provence in the 9th and 10th centuries. It is actually a courtyarded, medieval village dating back to the 12th century, featuring a spectacular moat dug into the rock. Orientation table near the cross.
- 2 Saint-Clément - walking
1.20 hrs - 4 km - 257 m - 150 m
An ideal family outing. Medieval chapel built in honour of the Patron Saint of La Garde-Freinet, restored in the 1960s by the sculptor Di Teana.
- 3 N.-D. de Miremer - walking
0.8 hrs - 9.7 km - 406 m - 50 m
This medieval chapel and piece of pilgrimage (open to the public on September 8th) offers magnificent panoramic views over the Bay of Saint-Tropez and Maures hills. Its eastern face, carved into terraces (now restored to their former glory), is home to a conservation society for various species of fig tree.
- 4 Peygros - walking
1.30 hrs - 4.5 km - 452 m - 100 m
Remarkable chestnut woods. Views over the plain of Saint Clément and Notre Dame de Miremer. Itinerary: Rue Saint-Jean in front of the Tourist Information. After walking along the small road near the cemetery, cross the RD75 (direction Plan de la Tour) and rejoin the Seigneuries on the footpath over the road. Take the chemin du Curmier that goes towards Peygros.
- 5 Les Roches Blanches - walking
0.4 hrs - 5.8/8 km - 637 m - 300 m
Remarkable panoramic views. This itinerary will delight geology fans; its name comes from its white quartz rocks.
- 6 Les Hameaux du Sud - walking
0.5 hrs - 16 km - 515 m - 162 m
This itinerary crosses picturesque hamlets and offers panoramic vistas over wild landscapes and the plains of Grimaud and Cogolin. Itinerary: "Route de la Court", "Aire de Val Jerdan", "Camp de La Saperle", "Val d'Auber", "Les Vieilles Sinières", "Les Sinières", "Route de St Elia", return to village.
- 7 La Moure, La Nible et les Maxims - walking
0.6 hrs - 19.5 km - 1480 m
Departure: Parking des Teillies.
- 8 Las Cabrettes - walking
0.4 hrs - 10.5 km - 375 m - 250 m
By car up to hameau de la Moure via RD 75 and RD 74. At the entrance of the hamlet, continue on foot. Superb panoramic views over the Maures plain and wild surrounding scenery. This itinerary is a living reminder of François Ancien Régime, when goats were far more common than sheep, and goat meat was considered a delicacy.
- 9 Le Pont Romain - walking
0.5 hrs - 16.6 km - 180 m - 170 m
Unique walk to the plain of the Maures, a very characteristic landscape of vineyards, pines and rose sandstone.
- 10 Le rucher de Blay et le moulin à eau de Blanche - walking
1.2 hrs - 4 km - 180 m - 170 m
This picturesque footpath snakes its way alongside a brook. mill of the 19th Century, on the way restored apriory of the 17th Century. A refreshing spot for picnics in summer.
- 11 Le Moulin d'Adrech - walking
1.30 hrs - 4.5 km - 400 m - 100 m
From the Tourist Office, head in the direction of Grimaud as you leave the village. Walk up the road on the left towards Chemin de la Garde. Cross the carparks to the multisport field. Take the dirt track. At the electricity meters, take the winding path on the left. Go around the windmill and take the two windmills (deux moulins) path. Then turn left onto a dirt road which takes you to the RD75. Turn left to reach the stadium carpark. Turn right to return to the Tourist Office.
- 12 La Baume des Maures - walking
1h30 - 1 km - 400 m - 110 m
Departure: parking de la Planerie - follow the blue markers towards the Cross. At the signpost go down left on the steep winding path for 500m. You will arrive at the Baume des Maures. Come back on the same path, at the Cross follow the signs for the "village". Follow the blue markers towards the Cross. At the signpost go down left on the steep winding path for 500m. You will arrive at the Baume des Maures. Turn left to reach the stadium carpark. Turn right to return to the Tourist Office.
- 13 La moure et Le Plan de la Tour - a pied
Direction La Garde Freinet
1.30 hrs - 4.5 km - 321 m - 170 m
This itinerary crosses picturesque hamlets and offers panoramic vistas over wild landscapes and the plains of Grimaud and Cogolin. Itinerary: "Route de la Court", "Aire de Val Jerdan", "Camp de La Saperle", "Val d'Auber", "Les Vieilles Sinières", "Les Sinières", "Route de St Elia", return to village.

Sainte-Maxime

A jewel set in surroundings of rare beauty, Sainte-Maxime is one of the most prized and celebrated resorts on the Mediterranean coast.

These walking itineraries start out from Sainte-Maxime town centre. N.B. you can also request the services of a guide. Please call the Tourist Office on 04 94 55 75 55

- 16 Pointe des Sardinoux - 15 mins
Departure from the Tourist Office. Take the coastal road towards Fréjus-Saint-Raphaël. Continue for 3.5 km until the last bend in the road. Departure point adjacent to edge. The Pointe des Sardinoux peninsula with its parkland and coves is an ideal place for family walks and observing Mediterranean fauna and flora. This is a remarkable Espace Naturel Sensible protected area, covering around two hectares. Two vestiges from the past: from the roof of a Second World War bunker you get an exceptional view of Nartelle beach. The site is also home to an ancient fishpond with its two basins dug into the rock. The Romans used it to store fresh fish which they also sold. The one on Sardinoux is one of the few Roman fishponds still filled with water from ancient Gaul. Picnic area.
- 17 Defend panoramic circuit - in a loop
3 h - 7.2 km - 290 m - 337 m
Markings: welcome panel at the start with arrow posts and an orientation table. Access by car: near the Neuenburg roundabout, follow the municipal Saquesades path for 1.4km. The starting point is on your left where the panoramic circuit welcome board is located opposite the recycling area. As you climb, you can stop to admire several landscapes until you reach the orientation table which offers a sublime 180° view of Sainte-Maxime, the Gulf of Saint-Tropez, Massif des Maures and the Esterel. On a clear day you can see the Massif du Mercantour in the distance. The Defend was once a highly regulated communal forest.

Cogolin

In the middle of the Bay of St Tropez, this town is alive four seasons of the year with handicrafts and cultural events. Lively marina 6 km. From town.

- 14 Sentier Botanique (Botanical Footpath)
15 mins - 1 km - 80 m
Access: chemin de la mort du Luc. Start in the Nègresse district, after the tennis courts. Walk up the road to the first fork (follow the signs from the Valensiole ZAC). This delightful botanical itinerary features the plains typical flora, such as Ferns, Asplenium, Euphorbia, Sarsaparilla and Myrtle. Little picnic area.
- 15 Discovery Route: the traditional activities of La Mole Valley
2 hrs - 6 km - 300 m
Access: chemin du Colombier
Departure terrain des Aubrettes from the track (right bank) with gate (inscription on gate: 492, vallée de la Mole). Along an easy cyclists and pedestrians track, 5 signs will lead you to the discovery of the cork oak, mulberry tree, postarinar, canes and heather which were exploited and cultivated in the valley. When you arrive at the sign "Domaine du Val d'Aslier", return back.

Grimaud

From the old imposing stones, to the lazy flow of the river, everything evokes emotion, harmony and fulfillment.

- 18 Sentier de la Castellane
1 hr - 3 km - 150 m - green pointed markings
Place Neuve
Starting out from the Tourist Office. Take time to visit the "Musée du Patrimoine" folk museum, cork factory and all mill to get an insight into the village's fascinating past. "Chemin de Castellane" leads you through the lower area of the village. Return to the tourist office on the RD 558 road, via "Chemin de Mignonne" and the "Beausoleil" building.
- 19 to 21 Three round trips departing from "Pont des Fées" car park, under the mill, to discover the treasures of Mont Roux and the rich heritage of "Valion de la Garde", with its views over the village of Grimaud and surrounding hills.
- 20 Sentier de découverte du Pont des Fées round trip - information panels on the valley's flora, fauna and heritage.
1 hr - 1.5 km - 30 m - white arrows
Built in the middle era (16th - 17th century), the "Pont des Fées" is an aqueduct, formerly used to route water from Panocau spring, situated 3 km away, to the village fountain. It is an exceptional construction and the only one of its kind in Provence.
- 21 Sentier de la Calade round trip - 1 hr - 3.7 km - 30 m - red and white markings
Departure from "Parking de St Pons les Mures" in Grimaud on the RD 558 road - arrival at "Notre Dame des Anges" in Collobrières. This itinerary crosses the hills of Grimaud, Plan de la Tour, La Garde-Freinet and Collobrières. You can also get on to the footpath from any of these towns.
- 22 Sentier Grimaud/Port Grimaud outbound journey
1.30 hrs - 6 km - 100 m - markings white and blue
Take the Chemin du Pré St Michel, continue to the footbridge of Patrimoine de la Garde. Cross RD 14 (be careful) and take chemin du Bagatin. Turn on the left and continue near the Biquières School and follow « Carrière Ago Puto ». At St Pons les Mures hamlet, cross the road and follow the cycle way until Avenue de la Mer. You will see Port Grimaud's entrance.
- 23 Sentier Le Peyron outbound journey
40 mins - 2.5 km - 3 m - markings: Frog drawing
From the Dog Club, follow chemin des Ajusts and then on your right the dirt track by the vines. On your right follow the river La Gascle, go straight through the giant cane. When you arrive at a gravel road turn on your right to the Dog Club.

Le Plan-de-la-Tour



The charm of this village with its hamlets and its vines illuminating the breathtaking hills of the Maures.

- 25 Les Gorges et Les Hameaux** Departures are from the Tourist Office
- **Path 25 A "Les Gorges"** 1.15 hr - 5.2 km - At the end of the village on the last roundabout called "Hidric Mistral", take the first right. With the signs of the Saint-Pierre Chapel (private property) on your left, follow the path straight ahead. After a small hill at the junction, walk up the slope on the left as far as the Gorges ford, a reservoir that supplied water to the Ressence mill. Walk along the vineyard and at the junction, facing the gate, turn left. At the next junction turn right, you will see the relay antennae in the distance ahead of you (this is a GR route). Discover the Planiorain vineyard and merrins. In Prat Bourdin hamlet take a little path on the right to the old sheepfold, then return to the village via the same path.
 - **Path 25 B "Les Hameaux"** 1.00 hr - 4.5 km - From the Tourist Office, at 4 Chemins head in the direction of Grimaud (RD44). Take the pedestrianised route to the end of the village, then on your right (at the speed information sign) go up the road to Chemin du Preillon and follow the solid path straight ahead towards Preillon hamlet. In the centre of the hamlet of the fountain, go right heading for Roubauds hamlet. At the junction with letter boxes, take the path to the right (GR route). At the intersection leave the GR, take a right and then go up the path on your left to Verne hamlet. Return to the village via the same path but going back the way you came. At the junction of Chemin de Preillon, take the dirt track on your left and go back down to the village to the Place Foch.
 - **26 Chemin vers La Garde-Freinet** 4.30 hrs - 13.5 km - 340 m - 400 m Follow the description for 25B as far as the intersection in the pine forest. Turn left and follow the yellow indicators heading for La Mouire and La Garde-Freinet.

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Gassin



Perched on its promontory rock, this typical village is famous for its magnificent panoramic view of the Bay of Saint-Tropez, the Pays des Maures, the Bay of Cavalaire and the Îles d'Or.

- P of the school is the new village for the tours of l'Arlatane
- 2 at the entrance of the old village and departure from the Tourist Office for itinerary 33 34 35
- Detailed brochure available at the Tourist Office
- 29 to 32 Les boucles de l'Arlatane** Access through the new village, at the primary school, go down Chemin du Puits Erybore lush greenery around Gassin from the Gulf of Saint-Tropez to Cavaliere Bay. Walk down Montée Saint-Joseph. Pass in front of the Saint-Joseph chapel, one of the most beautiful villages in France. Panorama of the Massif des Maures hills.
- **29 Sentier des Bugadières** 10 mins - This footpath owes its name to its ancient washbasin, or "Bugade" in Provençal dialect and the women which went down here to wash the linen.
- **30 Sentier des Restanques** 50 mins - As Gassin is a hilltop village, its slopes have been landscaped into typical Provençal terraced steps for gardening, locally known as "restanques". Each Restance is marked out by low, stone walls.
- **31 Sentier des Sources** 50 mins - Pass the washbasin, then head towards the "Sentier des Sources" after the "Traverse des Bugadières" signpost. Picnic area. Return via same route or "Sentier du Vallat".
- **32 Sentier du Vallat** 50 mins - The Provençal word "vallat" is the word most commonly-used in the region to designate a brook. This footpath leads to the "Sentier des Sources de l'Arlatane".
- **33 Chemin de la chapelle Notre-Dame-de-la-Consolation** 1.10 hrs - - blue markings

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The Bay of Saint-Tropez on the social networks

- facebook.com/GolfeDesSaintTropezTourisme
- facebook.com/mygolfedestropez
- Golfe de Saint-Tropez Tourisme
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La Mole

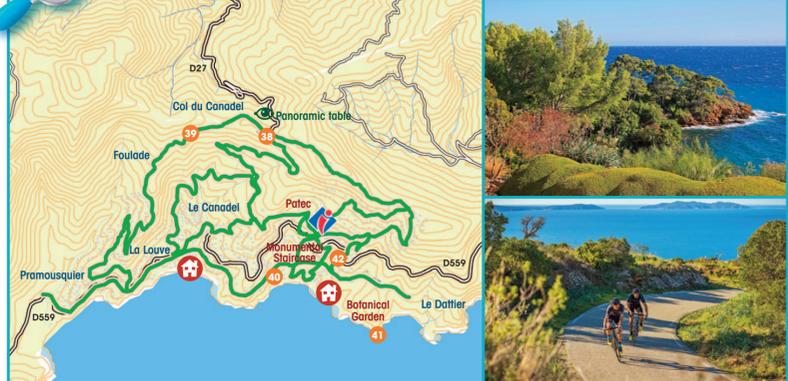


This wild valley offers its natural resources to those who respect nature

- **36 Chartrouse de la Verne Monastery path via the dam** 6 hrs - 20 km - To reach the dam, turn right after the 2nd traffic light as you exit the village, continue for 50m and leave your car near the water plant. You will have a walk of 2.5 km along a dirt track. Follow the stone borders with white and green painting up to the chartrouse de Verne by its left-hand side.
- **37 Sentier de Sainte-Magdeleine** 1.00 hr - 4 km - - not marked out - P Parking de la Verne. From the left side of the church, take the Route des Guilots for 2.2km. At the crossroads, go right on the DFCI B10 track called "Les Cobins" for about 1km. You will arrive at 4 Chemins (green cistern), take a left for 150m, then another left on a small path for 500m through oak trees to the chapel. Inescapable! Once arrived at the Chapel, climb still 30 m to reach the rocks which still offer you an extraordinary view on the Mole and the gulf of Saint Tropez. Perched in an extremity of the plateau of Maraville, saint - Madeleine's castrum, former medieval village of the Mole, was built in the XVth century in local basalt, volcanic rock and very fast abandoned. The dark color of its walls and the wild landscape, give a mysterious, mesmerizing and magic atmosphere.

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Royal-Canadel-sur-Mer



An enchanting place, where the wooded hills of the Corniche des Maures plunge into the translucent Mediterranean waters and the Îles d'Or "Golden Islands" provide a sumptuous backdrop.

- "Le Royal-Canadel-sur-Mer" can best be described as vast, flowering garden overflowing with Mediterranean and exotic plants and trees. These walking itineraries around the town allow you to enjoy exceptional, colourful views over the Mediterranean Sea and neighbouring "Îles d'Or" islands. Information on other hikes is available at the Tourist Office.
- **38 Walk to the Col du Canadel** - round trip - farmocked road 2.15 hrs - 4 km - - markings 242 m - P Tourist Office Coming from the Office de Tourisme you go to the stairs monumental. Here you follow the indication "drapau". You ascend to the Potec and to the little church. At the left side of the church you climb up the stairs following the indication "drapau" and the yellow sign. As soon as you come to the street, you turn to the left, where you find other about 80 metres on the right the new stairs. You climb them up following the yellow sign. Arriving at the field path, you go to the left, direction "Col du Canadel" or the yellow sign. You come then to the country lane 33, where you turn to the left. You need about 10 minutes till you arrive at the orientation board. You go back to the green cistern "RCL 02". At the indication, "Les Prades" you take the track down at the right, follow the 027 and the yellow sign until you come to the cemetery, which you find at your left. Then you stroll along the Corniche de Toulouse, Marseille and Lyon back to the little church and the stairs down to the starting point.
 - **39 Grand Royal-Canadel - Pramouquier** - round trip 3.45 hrs - 10.8 km - - no markings - P Tourist Office The departure from the monumental staircase, marked out by flourished belderes (Ancient memoria) allows you to reach the "Potec" (round gergola), then the Col du Canadel (by staircases and path rehabilitated in 2013 or by the "Corniche de Cannes", "avenue Pastourel" then "Corniche de Paris" up to the star and the forest path). At the "Col du Canadel" (orientation table) take the direction "Pays des Crestes" (approximately 500m) then turn left "La Louve". Cross the "Corniches des Pins +", "Corniche des Arbouses" and "Corniche de la Louve". Cross the RD 559 and take the path of the Ecuelle, below on the left, take the Green Way to the Royal. When you will see the hotel "Les Terrasses", turn left, go up the staircases and return to the Tourist Office.
 - **40 Old Railway Track** - return trip - Two itineraries 1.30 hrs - 6 km - - no markings - P departure point at Tourist Office This ancient railway track, built by the "Société des Chemins de Fer Sud France", formerly ran from Toulon to Saint-Raphaël via the coast. Its gentle curves and flat

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Cavalaire



child of the sea and the sun, a charming seaside resort, kissed by the warmth of the Mediterranean.

- **43 Le Vallon du Fenouillet** - a loop 1.30 hrs - 2.5 km - - signposted - 80 m Choice of two departure points:
 - Leave Cavalaire heading for Royal, 50 m after the last roundabout there is parking on the right along the RD 559. Cross the road. The path starts just before Bonporteau Beach on the right.
 - Leave Cavalaire heading for Royal, after 2km turn left onto Chemin du Datlier and park on the left before the tunnel. Walk through the tunnel. After passing the old station turn left and enter the hamlet. On the first bend continue straight on. Follow the coastal path as far as Bonporteau Beach then pick up the Vallon du Fenouillet path.
- **44 Coastal Path** - a loop 2.30 hrs - 5 km - - partly signposted - 100 m
- **45 Around Domaine FONCIN** - a loop 45 min - 1.5 km - - partly signposted - 100 m Leave Cavalaire heading for Royal, after 2km turn left onto Chemin du Datlier and park before the tunnel. Walk through the tunnel as far as the old station. On your right are mailboxes, turn right and walk up to the white gateway of Domaine FONCIN: CASTEDU DEI SOULEU (Chateau de la sun). You can go right or left at the gate to walk round the Domaine.

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La Croix Valmer



Between sea and vineyards, discover the wild untamed beauty of the rocky coast with its exquisite fine sandy beach.

- A choice of walking trails around La Croix Valmer to discover the area's rich and unspoilt scenery of vineyards, hills and shores. A detailed map of all our walking trails available at the Tourist Office as well as booklets with walk walking trails for children.
- **46 The 2 Peninsula** 5 hrs - 13 km along a footpath - - 145 m. Yellow markings - P Start at Gigo beach Walk along the coastal path until the Cap Lardier, passing by Brous, Pointe d'Andat, Pin Blanc on the way. Continue along the coastal path to Plage de Briande and Cap Taillet. To come back, follow the directions for the semaphore and continue along the forest path to Gigo, or take the coastline back to Gigo.
 - **47 Mimosas** 1 hrs 30 - 5.3km along the road and footpaths - - 100m green markings P Tourist Office - Walk up Rue Louis Marlin. At the end, you will see a roundabout to your right. Take the exit for the gardenier. After the police station, take the path on the left. After the stadium, follow the path on the left which takes you along a property. When you arrive at the road, turn left, walk a few metres, then take the first right towards "La Galasse". Follow the larmac road. In between the vineyards of Domaine de Sallunne. Leave "La Colline des Sarraïns" on your left and "Les Mas de la Galasse" on your right. Turn left onto the "Corniche de la Pnéde". At the intersection with the road, cross the road and turn right. Take the "Allée des Cassis" on your left, walk down the road to the right until the villa "Les Éléphants" (on your left), take the 3 steps on the right. When you reach the road, turn left. Follow the signs for "Le Village". At the roundabout, take the underpass to return to the Tourist Office.
 - **48 Panoramias** 2.15 hrs - 8.5 km along the road and footpaths - 220 m - orange markings P Tourist Office - Walk up Rue Louis Marlin. When you are opposite the hotel "La Rotonde", take the Rue Frédéric Mistral on your left, towards "CCE Air France". 50 metres after the wine estate "Château de Chausse", take the path which goes into the trees on your left. At the gate, enter the vineyard, turn right and follow the fence until the second gate (respect the vineyard and stay close to the fence). Follow the path on your right (steep climb). At the top, go onto the track in front of you and continue along the path to your right until it crosses with the GR61. Walk past the green tank on your left and continue along the path. Turn left at the crossroads, and left again. After a long and steep descent, take the path on the right towards the vineyard. Return to the village.
 - **49 La Petite Suisse** 1.30 hr - 5.9 km along the road and footpaths - 110m - blue markings P Tourist Office P Plage du Débarquement At the Tourist Office, take the underpass. Go down Boulevard Tabarin, follow the direction of the church. At the church, turn right. At the small car park, follow the sign «plage». Go along the vineyard, down the road, then at the crossroads take the path on your left which passes again between the vines. Cross the stream on your left and take the path on your right. To return to the village, 2 options : turn back or cross the Débarquement roundabout, and walk up the Boulevard de la Mer and follow the Boulevard de Provence.
 - **50 Les Brouis** 1.15 hrs - 4 km - - 144 m yellow markings From Gigo beach, at the entrance to the Domaine du Cap Lardier, cross the beach and then take the coastal path to Les Brouis beach. Once you reach the beach, go up the valley to join the forest road of Gigo. At this road, turn left to return to the starting point.
 - **51 Briande** 3.30 hrs - 10 km - 105 m - 585 m - circular path From Gigo beach, at the entrance to the Domaine du Cap Lardier, take the coastal path to Cap Lardier. Continue along the path to Briande beach. At the beginning of the beach, follow the signs to the left and take the path along the fence then follow the path in through the trees. At the intersection, cross the track following the yellow markings. At the end of this path, take the path running along the fence. At the intersection, turn left onto the path that has an incline (do not turn right). Follow this path to the next bend, then leave the track for a path on the right that goes through the vegetation to reach an intersection facing the vines with 2 wooden steps. Following the signs, turn right. At the next intersection, follow the signs to the left towards «plage de Gigo», then follow the path straight on. At the green gate, follow the signs to the right along a path through the trees to join the "Route Forestière de Gigo". Turn right and follow the track and signs for «Plage de Gigo» to return to the starting point.

Ramatuelle



From the beaches of Pampelonne to the village found nestling on the hillside, savour the unique aromas and flavours of the south.

- **52 Le sentier du littoral (Coastal Footpath)** Signposted footpath running from Saint-Tropez port to La Croix-Valmer ("Plage de Gigo" beach) 34.50 km. Saint-Tropez - Plage de Tahiti -14 km - 4.30 hrs - yellow markings **Itinerary n°1** - La Baie de Pampelonne N/S - 5 km - 1.30 hrs Departure P route de Tahiti. **Itinerary n°2** - Pampelonne - Anse de Bonne Terrasse - 0.5 km - 15 mins P Route de Bonne Terrasse **Itinerary n°3** - La Baie de Pampelonne - Plage de l'Escalet - 4.5 km - 2.20 hrs - P at foot of lighthouse The route starts with a string of descents and uphill climbs along the rockface, then returns to sea level as far as Escalet beach and its small private marina. To discover: the Napoleonic battery on an outcrop and the Escudier Rock which commemorates the submarine missions and escape of the 2nd Dragons Regiment's standard during the Second World War. You will also pass near Merlier, a village of 35 houses combining tradition with modern features built by the Maastricht architects in the 1960s, and Chateau Valera. Be warned - you cannot visit these two sites. **Itinerary n°4** **Itinerary n°5** - Recommended with children. Plage de l'Escalet - 1/2stme du Cap Taillet 2 km - 35 mins Yellow marking Good to know: naturism is tolerated on one section. P next to the tennis courts. Head down towards the beach, take the path on the right and across some steps (after the villa). **Itinerary n°6** - Go up Boulevard de la Praya then take an old. Direct access to the path. This is arguably the most beautiful section of the coastal path, with the Taillet isthmus as a backdrop that can be reached after a succession of small coves. From the top of Cap Taillet (classified as a remarkable site protected by the Conservatoire du Littoral), you will be amazed by the varying colours of the seabed which change with the wind. Above the Customs House, a path leads to a dolmen in Briande Bay which marks a burial site dating back 2,000 years BC. **Itinerary n°7** - Cap Taillet - Plage de Gigo - 6 km - 2 hrs **Escalet beach** on Route de l'Escalet

IGN 3545 OT

Saint-Tropez



The traditional with the modern makes this enchanted place stand still in time.

- HILL closure times Before setting out, please check the weather forecast on 0892 68 02 83 ou 32 50 or www.meteofrance.com
- **Cavaliere-Gassin** 13.6 km. Departure: intersection of the "route du Datlier" and the RD88, 2km before Cavaliere from Le Lavandou. The track slips at the entrance of the village, join the Tourist Office and take back the track "Promenade de la mer". 2 km farther, the track goes left in the direction of "La Croix-Valmer" on an open road; the track re-starts in a bicycle lane to the roundabout at the exit of the village (marked on the ground) to join the high school of Gassin where it joins the road up to the crossroads of La Fouc.
 - **Saint-Tropez-Sainte-Maxime** 12.2 km. Departure: roundabout of the Bouillabaisse at the exit of Saint-Tropez. Follow the bicycle track up to saint Maxime's bridge.
 - **Sainte-Maxime (sea) -> Sainte-Maxime (Complexe sportif Les Bosquettes)** Sainte-Maxime middle school, 3.6 km. Departure RD98 from the intersection going towards Le Muy. Follow the bicycle track to the Complexe sportif Les Bosquettes.

Market days

Monday Sainte-Maxime	Thursday Grimaud Le Plan de la Tour Ramatuelle Port Grimaud 1*** Sainte-Maxime	Saturday Cogolin Place de la République Saint-Tropez
Tuesday Saint-Tropez	Friday Les Marines de Cogolin** Rayol-Canadel** Sainte-Maxime	Sunday La Croix-Valmer Ramatuelle La Garde-Freinet Port Grimaud 1*** La Mole***
Wednesday Cavaliere Cogolin Place Victor-Hugo La Garde Freinet		

* April to september ** July and August *** April to october

A Few Recommendations

- The itineraries shown in this document can be enjoyed all year round. Please respect the following rules and recommendations at all times.
- Nature is fragile, so please respect it.
 - Some itineraries cross private properties. Please do not stray.
 - Do not cut or pick plants.
 - Dogs must be kept on a lead.
 - During the sweet chestnut harvest, please avoid itineraries crossing private chestnut groves.
 - Chestnut picking is prohibited and punishable by law.
 - The groves are supervised at all times by qualified personnel.
 - Take water and food with you. Make sure you are equipped with adapted clothes and walking shoes.
 - Do not leave any litter behind you.
 - It is prohibited to smoke or light fires in or near forests.
 - Emergency number : 112

How to reach the bay of Saint-Tropez

- **By road** Exit highway A8 (Marseille - Nice) :
 - Le Cannet des Maures - direction Saint-Tropez
 - Le Muy : direction Sainte-Maxime
 - Puget sur Argens : direction Roquebrune les Issambres
- **By train**
 - Les Arcs-Dracagnan TGV (high speed train) rail station (40 km)
 - Fréjus - St Raphael TGV rail station (35 km)
 - Toulon TGV rail station (70 km)
 - Hyères TGV rail station (70 km)
 (regular coach links to the Bay of St-Tropez)
- **By plane**
 - La Mole - Bay of St-Tropez international Airport (13 km)
 - Toulon - Hyères Airport (40 km)
 - Nice International Airport (95 km)

The Tourist Offices in the Bay of Saint-Tropez

CAVALAIRE 50, Rond-point St Eugèry Maison de la Mer - 83240 Cavalaire Tel : 33 (0)4 94 01 92 10 www.cavalairesumer.fr contact@cavalairesumer.fr	LA MOLE Office de Tourisme - Mediathèque RD 8 - 83310 La Mole Tel : 33 (0)4 94 40 05 80 www.lamole.fr contact@lamole.fr contact@vistiamole.com
COGOLIN In the town centre Place de la République - 83310 Cogolin Tel : 33 (0)4 94 55 01 10 www.vistiacogolin.com contact@vistiacogolin.com	LE PLAN-DE-LA-TOUR In the village centre 7, place Clémenceau 83100 Le Plan-de-la-Tour Tel : 33 (0)4 94 43 28 27 www.plandelatour.fr contact@visiteplandelatour.com
LA CROIX VALMER 287, rue Louis Martin - 83420 La Croix Valmer Tel : 33 (0)4 94 55 12 12 www.lacroixvalmer-tourisme.fr lacroixvalmer@lacroixvalmer.fr	RAMATUELLE In the village centre Place de l'Ormeau - 83350 Ramatuelle Tel : 33 (0)4 98 12 64 00 www.ramatuelle-tourisme.com office@ramatuelle-tourisme.com
LA GARDE-FREINET Chapelle Saint-Jean - 83860 La Garde Freinet Tel : 33 (0)4 94 56 04 93 www.visitgardefreinet.com contact@visitegardefreinet.com	ROYAL-CANDEL-SUR-MER Place Michel Guy 83820 Royal-Canadel-sur-mer Tel : 33 (0)4 94 05 65 69 www.visitroyalcanadel.com contact@visiteroyalcanadel.com
GASSIN At the north entrance 20, Place Léon Marat - 83890 GASSIN Tel : 33 (0)4 94 55 15 51 www.gassin.eu accueil@gassin.eu	SAINT-MAXIME 21 Place Louis Blanc - 83120 Sainte-Maxime Tel : 33 (0)4 94 55 75 55 www.sainte-maxime.com contact@visite-sainte-maxime.com
GRIMAUD 679, route Nationale - 83310 Grimaud Tel : 33 (0)4 94 45 43 83 www.grimaud-provence.com info@grimaud-provence.com	SAINT-TROPEZ On the harbour Quai Jean Jaures - 83990 Saint-Tropez Tel : 33 (0)4 94 56 02 01 www.sainttropez-tourisme.com info@sainttropez-tourisme.com
LES TERRASSES Les Terrasses de Port-Grimaud RD 559 Tel : 33 (0)4 94 56 02 01 Open from May to early October 	